

Full Report (All Nutrients) 19081, Candies, sweet chocolate

Report Date: June 26, 2017 16:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.4 Fat Factor: 8.6 Protein Factor:1.83 Nitrogen to Protein Conversion Factor:5.63

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 bar (1.45 oz) 41g
Proximates						
Water	g	0.50	3	0.088	0.14	0.20
Energy	kcal	507	--	--	144	208
Energy	kJ	2120	--	--	601	869
Protein	g	3.90	4	0.280	1.11	1.60
Total lipid (fat)	g	34.20	4	1.376	9.70	14.02
Ash	g	1.00	3	0.000	0.28	0.41
Carbohydrate, by difference	g	60.40	--	--	17.12	24.76
Fiber, total dietary	g	5.5	--	--	1.6	2.3
Sugars, total	g	51.48	--	--	14.59	21.11
Minerals						
Calcium, Ca	mg	24	6	1.409	7	10
Iron, Fe	mg	2.76	6	0.369	0.78	1.13
Magnesium, Mg	mg	113	6	9.699	32	46
Phosphorus, P	mg	147	4	5.325	42	60
Potassium, K	mg	290	6	17.076	82	119
Sodium, Na	mg	16	4	4.933	5	7
Zinc, Zn	mg	1.50	6	0.051	0.43	0.61
Copper, Cu	mg	0.574	6	0.073	0.163	0.235
Manganese, Mn	mg	0.494	6	0.078	0.140	0.203
Selenium, Se	µg	2.8	--	--	0.8	1.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0

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Thiamin	mg	0.020	1	--	0.006	0.008
Riboflavin	mg	0.240	1	--	0.068	0.098
Niacin	mg	0.670	1	--	0.190	0.275
Pantothenic acid	mg	0.071	1	--	0.020	0.029
Vitamin B-6	mg	0.043	1	--	0.012	0.018
Folate, total	µg	3	1	--	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	1	--	1	1
Folate, DFE	µg	3	--	--	1	1
Choline, total	mg	29.9	--	--	8.5	12.3
Vitamin B-12	µg	0.00	1	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	18	--	--	5	7
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.07	0.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	6.3	--	--	1.8	2.6
Lipids						
Fatty acids, total saturated	g	20.080	--	--	5.693	8.233
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.030	1	--	0.009	0.012

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16:0	g	8.690	1	--	2.464	3.563
18:0	g	11.350	1	--	3.218	4.653
Fatty acids, total monounsaturated	g	11.220	--	--	3.181	4.600
16:1 undifferentiated	g	0.070	1	--	0.020	0.029
18:1 undifferentiated	g	11.150	1	--	3.161	4.572
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.990	--	--	0.281	0.406
18:2 undifferentiated	g	0.960	1	--	0.272	0.394
18:3 undifferentiated	g	0.030	1	--	0.009	0.012
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	1	--	0	0
Amino Acids						
Tryptophan	g	0.058	--	--	0.016	0.024
Threonine	g	0.154	--	--	0.044	0.063
Isoleucine	g	0.151	--	--	0.043	0.062
Leucine	g	0.236	--	--	0.067	0.097
Lysine	g	0.195	--	--	0.055	0.080
Methionine	g	0.040	--	--	0.011	0.016
Cystine	g	0.048	--	--	0.014	0.020
Phenylalanine	g	0.187	--	--	0.053	0.077
Tyrosine	g	0.146	--	--	0.041	0.060
Valine	g	0.234	--	--	0.066	0.096
Arginine	g	0.221	--	--	0.063	0.091
Histidine	g	0.067	--	--	0.019	0.027
Alanine	g	0.180	--	--	0.051	0.074
Aspartic acid	g	0.388	--	--	0.110	0.159
Glutamic acid	g	0.586	--	--	0.166	0.240
Glycine	g	0.175	--	--	0.050	0.072

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Proline	g	0.167	--	--	0.047	0.068
Serine	g	0.168	--	--	0.048	0.069
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	66	1	--	19	27
Theobromine	mg	426	1	--	121	175
Flavonoids						
Proanthocyanidin						
Proanthocyanidin dimers ¹	mg	2.6	3	0	0.7	1.0
Proanthocyanidin trimers ¹	mg	1.4	3	0	0.4	0.6

¹de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337